**[The Economics of Self Development](http://www.womensradio.com/account/articles/6441.html" \o "The Economics of Self Development)**  
The expansion of one is the expansion of the whole

**The Economics of Self Development**

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| The Economics of Self Development | ***By Kathy Kirk, Contributing Editor of Bringing More Life into the World***  [Share](http://www.addthis.com/bookmark.php?v=250&username=womensradio) |
| As I see various forecasts for the American economy, I am struck by the over riding sense that it we are waiting for someone else to fix it. Evidently the [President](http://my.barackobama.com/page/content/ofasplashflag/) and [Congress](http://www.house.gov/) have the job, and there is no shortage of blame when the expected expansion has not happened. What we the people haven't yet realized is that it takes every instrument to make an orchestra, not just a composer and a conductor.   http://www.womensradio.com/uploads/rte/images/1p38fw4eoz310x08.jpgConsider yourself a musical instrument. How well you play your instrument has a direct bearing on the quality of the music that the entire orchestra plays.  The imagine of the dying paradigm is one of the mama bird flying sallies to gather food for her helpless and vulnerable brood back in the nest who are waiting and sqawking to be fed. The big lie from which we are freeing ourselves is that we are vulnerable and helpless. You are not helpless nor vulnerable, but innately and naturally a powerful being. But in order to become the fullness of your potential, you have to grow yourself beyond what you think you are right now.  Traditional structures are breaking down every where we look. Banking, the economy, education, health care, etc. This is purposeful, because when there is no help "out there", we are forced to look right where we are, within, where all the power has always resided latent and undeveloped.  This is the time of the great awakening of all of mankind to who we really are - creators of our own reality.   Growing yourself means you have to change your mind; alter your thinking; release old, limiting beliefs and adopt new ones that empower you. In the vernacular, you have to participate in self development, self improvement, self realization, and your own growth. Sometimes that means you're going to take a class or learn a new skill, but that's down the road. The first step is changing your own mind about who you are and what you can be, do or have. Insanity is not doing what you've always done and expecting a different result. ***Insanity is thinking what you've always thought and expecting a different result.***  You can continue to be afraid of those who offer you a way to transform your life; you can continue to make new thought bad and wicked; you can continue to dismiss ideas like the [Law of Attraction](http://en.wikipedia.org/wiki/Law_of_Attraction), but you do this to your own detriment. Refusing to expand your consciousness because it doesn't fit with your own philosophy is not expansion and growth, but contraction and death. Want the recession to end? Then the buck stops with you and me and how we think, what we focus on, and the degree that we have mastered our instrument.  When the baby bird is first shoved from the nest, it usually hits the ground. But eventually it learns to fly. It makes like a bird, flaps it unpracticed wings and with practice, soars.   [Participate in something that will help you change your thinking](http://www.appliedspirituality.com/coaching). Practice with like minded folks who are flapping their consciousness wings and practicing their instruments. Years ago they thought the world was flat, and later found out it was round. We create by our focus, our thoughts, our beliefs. We are natural creatures who are integrated in this amazing Universe, which responds to us exactly as we are thinking, believing and focusing. To see how well we're doing, just look at the current reality.  Want to change the world? Want to change your life? Want the economy to recover and flourish? There's only one place to start: changing your own mind, patterns of thought, habits of belief and become the master of your own focus.  Then, as each of us becomes more practiced in playing our own instruments powerfully and responsibly, we will hear a ***Symphony of Synergy*** playing an opus of prosperity and fulfillment; and you'll find yourself thriving. | |